

Families and Individuals Prepared: Things to Consider

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Influenza Pandemic

- No vaccine
- Limited antivirals
- Limited assistance

BUT

There is an unsung, powerful
weapon....

YOU

What can you do to protect
yourself and your family at
home and in the workplace?

Three Things to Consider

- Be Prepared
- Stay Healthy
- Get Informed

Be Prepared

All Hazards Preparation

- Same as preparing for natural disaster or event
- You might be home sick or caring for those ill
- Public transportation may be unavailable
- Utilities may be disrupted
- Schools may be closed
- Stores may be out of supplies

Essentials At Home

- Nonperishable foods
- Baby food/formula
- Drinking water
- Over-the-counter drugs and health supplies
- Prescription drugs for chronic conditions
- Hygiene supplies
- Flashlight and batteries
- Pet food

Outside the Home

- Neighbors who cannot leave home
- People with special needs
- Alternate activities if schools and child care centers are closed

Essentials At Work

- Hand washing and cough etiquette
- Stay home if you are sick
- Communication between managers and employees essential
 - Work from home policies
 - Sick leave policies may change when a pandemic occurs
 - Insurance issues
- Continuity of operations
 - Determine essential services/functions
 - Be prepared to work different hours or perform different duties

Stay Healthy

It's Common Sense

- Wash hands frequently with soap and water
- Cover your mouth and nose with a tissue when you cough or sneeze
- Discard used tissues
- Don't use handkerchiefs
- Wash hands after coughing or sneezing
- Stay home if you are sick

A Healthy Immune System

- Eat a balanced diet
- Drink lots of water
- Exercise regularly
- Get plenty of rest
- Get an annual flu vaccination

Get Informed

Talking With Children

- Get down on their level
- Stress importance
- Make it fun
- Let them own it

Say What?

- Hand washing
- Cough etiquette
- Stay home from school, child care, social events
- Model it!

For More Information

- www.pandemicflu.gov
- CDC Hotline
 - 1.800.CDC.INFO (1.800.232.4636)
 - inquiry@cdc.gov
- Local and state government
 - www.in.gov/isdh
 - Public health officials